1% a day reality-check worksheet (PDF)

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Fill in from your own journal before setting a daily return goal.

My last 3 months

Trading days and number of trades _____

Average daily return (%) and compounded daily return (%) _____

Worst day (%) and largest drawdown (%) _____

Total costs paid (commissions, spreads, funding) _____

The maths

- ☐ Days to double at my compounded rate: ln(2) ÷ ln(1 + rate)
- ☐ Days to recover my worst drawdown at my rate
- ☐ Return needed to recover a 10%, 20% and 50% loss: +11.1%, +25%, +100%

My rule

Maximum risk per trade (%) and daily loss limit (%) _____

Goal stated as expectancy per trade, not a daily percentage _____

Sources: Investor.gov: Compound interest calculator; FRED: S&P 500 (SP500); FRED: Coinbase Bitcoin (CBBTCUSD); Investor.gov: Diversify your investments. Full explanation and links: https://uxs.nz/basics/how-long-does-it-take-to-turn-10k-into-1m-at-1-percent-a-day/

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